

**Ajivatthamaka Sila (The Eight Precepts with Right Livelihood as the Eighth)  
and The Eightfold Path Ariya Atthangika Magga (The Noble Eightfold Path) and  
Dasa Kusala Kamma-patha (Ten Courses of Wholesome Action)**

**14 December 2025**

**Ajivatthamaka Sila (The Eight Precepts with Right Livelihood as the Eighth)**

1) *Panātipata veramani sikkhapadam samādiyāmi*

I undertake the Precept to refrain from killing and injuring living beings

2) *Adinnadana veramani sikkhapadam samādiyāmi*

I undertake the Precept to refrain from taking that which is not given

3) *Kāmesu micchacara veramani sikkhapadam samādiyāmi*

I undertake the Precept to refrain from sexual misconduct and excessive sensuality

4) *Musāvāda veramani sikkhapadam samādiyāmi*

I undertake the Precept to refrain from false and harmful speech

5) *Pisuna vaca veramani sikkhapadam samādiyāmi*

I undertake the Precept to refrain from backbiting

6) *Pharusa vaca veramani sikkhapadam samādiyāmi*

I undertake the Precept to refrain from using harsh or abusive speech

7) *Samphappalapa veramani sikkhapadam samādiyāmi*

I undertake the Precept to refrain from useless or meaningless conversation

8) *Micchajīva veramani sikkhapadam samādiyāmi*

I undertake the Precept to refrain from wrong means of livelihood

**Ajīvaṭṭhamaka Sīla (The Eight Precepts with Right Livelihood as the Eighth)  
with Diacriticals**

1) *Pāṇātipātā veramaṇī·sikkhāpadaṃ samādiyāmi*

I undertake the Precept to refrain from killing and injuring living beings

2) *Adinnādānā veramaṇī·sikkhāpadaṃ samādiyāmi*

I undertake the Precept to refrain from taking that which is not given

3) *Kāmesu micchācārā veramaṇī·sikkhāpadaṃ samādiyāmi*

I undertake the Precept to refrain from sexual misconduct and excessive sensuality

4) *Musāvādā veramaṇī·sikkhāpadaṃ samādiyāmi*

I undertake the Precept to refrain from false and harmful speech

5) *Pisunāvācā veramaṇī·sikkhāpadaṃ samādiyāmi*

I undertake the Precept to refrain from backbiting

6) *Pharusāyavācā veramaṇī·sikkhāpadaṃ samādiyāmi*

I undertake the Precept to refrain from using harsh or abusive speech

7) *Samphappalāpā veramaṇī-sikkhāpadaṃ samādiyāmi*

I undertake the Precept to refrain from useless or meaningless conversation

8) *Micchājīvā veramaṇī-sikkhāpadaṃ samādiyāmi*

I undertake the Precept to refrain from wrong means of livelihood

The *Ajivatthamaka Sila* occurs in the *Abhidhamma Pitaka*, *Sutta Pitaka* and the Commentaries.

## **Ariya Atthangika Magga (The Noble Eightfold Path)**

Wisdom Group *Pannakkhandha*

1. Right view *samma-ditthi*

2. Right motivation *samma-sankappa*

Morality Group *Silakkandha*

3. Right speech *samma-vaca*

4. Right action (bodily) *samma-kammanta*

5. Right livelihood *samma-avjiva*

Concentration Group *Sammadhikkhandha*

6. Right effort *samma-vayama*

7. Right mindfulness *samma-sati*

8. Right concentration *samma-samadhi*

The *Ajivatthamaka Sila* corresponds to the *sila* (morality) group of the Noble Eightfold Path. The Buddha's teachings in their practical aspect are the threefold training of *sila* (morality), *samadhi* (concentration) and *panna* (wisdom). The threefold training includes the entire Noble Eightfold Path. The wholesome physical and vocal actions in the *Ajivatthamaka Sila* are morality as taught in the threefold training and in the *sila* (morality group) of the Noble Eightfold Path: Right Speech, Right Action and Right Livelihood.

In *Magganga-Dipani: The Manual of The Constituents of the Noble Path*, 1986 edition pages 42-43, Venerable Ledi Sayadaw explains the "forming of the Noble Eightfold Path into Three Groups as follows:

1. *Silakkandha* (Morality-group) comprises Right Speech, Right Action and Right Livelihood.

2. *Sammadhikkhandha* (Concentration-group) comprises Right Effort, Right Mindfulness and Right Concentration.

3. *Pannakkhandha* (Wisdom-group) comprises Right Understanding and Right Thinking."

"The three constituents of the Morality-group, when considered in detail, become *Ajivatthamaka Sila* in the following manner:

1. I will abstain from taking life.

2. I will abstain from stealing.

3. I will abstain from indulging in sexual misconduct and taking intoxicants.  
These three comprise Right Action.

4. I will abstain from telling lies.

5. I will abstain from setting one person against another.

6. I will abstain from using rude and rough words.

7. I will abstain from talking frivolously.  
These four comprise Right Speech.

8. *Samma-ajiva* (Right Livelihood) means livelihood without resorting to taking lives, etc.

Thus the three constituents of the Morality-group, become *Ajivatthamaka Sila*."

This is in *The Manuals of Dhamma* (VRI Vipassana Research Institute) on page 230.  
This is in *The Manuals of Buddhism* (The Corporate Body of the Buddha Educational Foundation) (Book code EN302) on page 430.

This is in *The Manuals of Buddhism* (Yangon, Myanmar [Burma] Mother Ayeyarwaddy Publishing House) on page 430.

This is in *The Manuals of Buddhism* (The Corporate Body of the Buddha Educational Foundation) (Book code EN302) on page 430.

This is in Wheel 171-174 *The Requisites of Enlightenment: Bodhipakkiya Dipani: A Manual*. Venerable Ledi Sayadaw, 2nd edition, 2007 on page 156.

## **Dasa Kusala Kamma-patha (Ten Courses of Wholesome Action)**

The Dhamma explains three types of *kamma*: *kaya kamma* (bodily action), *vaci kamma* (vocal action), and *mano kamma* (mental action). These are known as the three doorways of action and are presented as the *Dasa Kusala Kamma-patha* (Ten Courses of Wholesome Action) in the *Sutta Pitaka*. The first seven Precepts of the *Ajivatthamaka Sila* correspond to the first seven of the *Dasa Kusala Kamma-patha* (Ten Courses of Wholesome Action). The first three Precepts correspond to the bodily action group and the fourth, fifth, sixth and seventh Precepts correspond to the verbal action group. The Ten Courses of Wholesome Action are explained in the *The Book of The Gradual Sayings (Anguttara Nikaya)* Volume V (*The Book of The Tens and Elevens*), Chapter III The Great Chapter IX (28) The Great Questions and Chapter XVII X (176) Cunda the Silversmith pages 175-180.

### **Bodily Actions**

1. Avoidance of killing *Panatipata veramani*
2. Avoidance of stealing *Adinnadana veramani*
3. Avoidance of abuse of the senses *Kamesu micchacara veramani*

### **Verbal Actions**

4. Avoidance of lying *Musavada veramani*
5. Avoidance of slandering *Pisuna vaca veramani*
6. Avoidance of harsh speech *Pharusa vaca veramani*
7. Avoidance of frivolous talk *Samphappalapa veramani*

### **Mental Actions**

8. Unselfishness/non-covetousness *Anabhijjha*
9. Good-will/non-ill-will *Avyapada*
10. Right Views/Right Understanding *Samma ditthi*

This *Sutta* is in *The Numerical Discourses of the Buddha: A Translation of the Anguttara Nikaya*. Translated from the Pali: by Bhikkhu Bodhi, 176 (10) Cunda pages 1518-1523 and Notes page 1855.

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(*Magganga-Dipani: The Manual of The Constituents of the Noble Path* is included in *The Manuals of Buddhism* as Chapter 7 pages 388-445 and *The Manuals of Dhamma* pages 209-238.)

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VRI Vipassana Research Institute

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<https://palitextsociety.org/>

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## **Suttas and Translations**

Suttas and translations are available on the Access to Insight, dhammatalks.org website and Sutta Central websites.

Access to Insight <https://www.accesstoinight.org/>

dhammatalks.org <https://www.dhammatalks.org/>  
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## **Wisdom Experience**

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